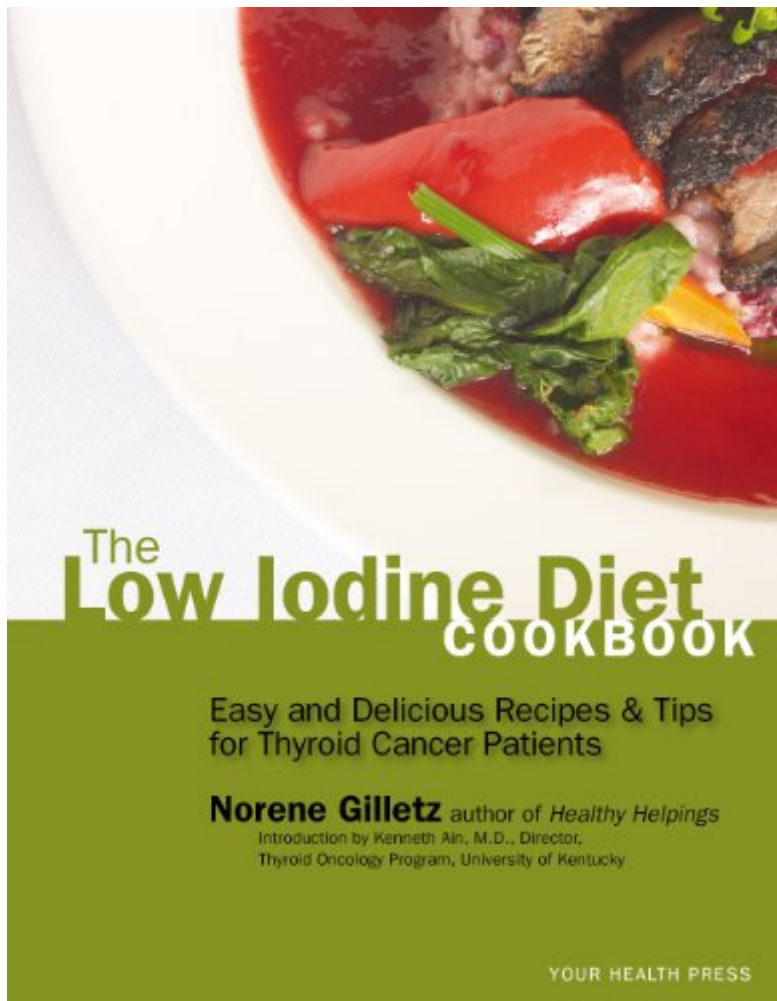


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# The Low Iodine Diet Cookbook: Easy And Delicious Recipes And Tips For Thyroid Cancer Patients



## Synopsis

This 2012-updated, Kindle version of The Low Iodine Diet Cookbook is the ultimate cookbook for thyroid cancer patients who need to be on the low iodine diet (LID) for radioactive iodine treatment or scans. Written by a renowned cookbook author who is experienced with the issues involved with special diets and substitutionsâ€”particularly diets that don't allow dairy, or store-bought breads. This unique cookbook contains hundreds of kitchen-tested recipes, and even an exhaustive nutritional analysis chart. At last, LID recipes that are easy and deliciousâ€”by the woman critics hail as the â€œJulia Childâ€”of specialty diet cooking.

## Book Information

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Oncology > Cancer

## Customer Reviews

I was very disappointed with this cookbook. My biggest complaint is that there was no table of contents or index to refer to. At least not in the Kindle version, maybe there is in the print edition. This made it very hard to find anything unless I had wrote down page numbers as I went through it. That also meant that I had to pretty much go cover to cover to find out what was inside. I couldn't just pick it up and say = hmm I feel like a chicken casserole, what are my options. I recommend

anyone going through this to go to the website [...] They are a non-profit site, with a free downloadable cookbook. I used far more recipes and info from this site than this cookbook. Use the money you would have spent on this book for some higher end ingredients like pure coconut butter and nut oils. Hope this review helps anyone dealing with thyroid cancer also.

I bought this because of thyroid cancer. Most of the information in this book can be retrieved from the National Institutes of Health Website in addition to your physicians office. I found a couple of recipes that I could use but, it wasn't worth the price.

This is an excellent cookbook for all of those "low iodiners" who must go on this type of diet before they partake of the I-123 and I-131 "cocktails". I don't really care for being on this type of diet but if it helps sort out the positives from the negatives, I'll live with it. My wish is that all who use it will be able to use it over and over, again and again, in the future (if needed).

I wish I would have found this book BEFORE I did my RAI treatment for Thyroid Cancer back in March. I'm getting close to my 6 month follow-up scan, so I'm excited to have more meal ideas. In March I ate the 4 or 5 things the entire 21 days on the LID, it was rough. I think I'm going to love this book every 6 months for the next 3 years (that is my follow-up scan schedule).

I am extremely happy with the Low Iodine Cookbook. It helped me manage my iodine intake prior to my radioactive iodine treatments from my thyroid surgery. The cookbook gave me great recipes to cook during my 4 week diet and I still look to it for new recipes. It came highly recommended and was well worth the purchase. I am glad I purchased it so I can pass it along to others that may need it.

Clarified the " what's and why's" of the diet and treatments in layman's terms. The recipes I've tried have been very good, and the shopping tips and snack ideas very helpful.

A very helpful cookbook, with recipes for a special need. Glad this cookbook was available with recipes for knowing what to eat before surgery.

very interesting book I love it it is easy and perfect for every one recommended book specially for people with low iodine diet

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